

A photograph of a line of soldiers in profile, facing left. They are wearing green uniforms. A red rectangular box with a gold border is overlaid on the right side of the image, containing the text '2-5% Weight Loss'.

2-5% Weight Loss

Thirst
Fatigue
Loss of Appetite

A blurred background image of a person in a starting crouch on a track. The person is wearing a light blue shirt and dark pants, leaning forward with their hands on the ground. The background shows a grassy field and a cloudy sky.

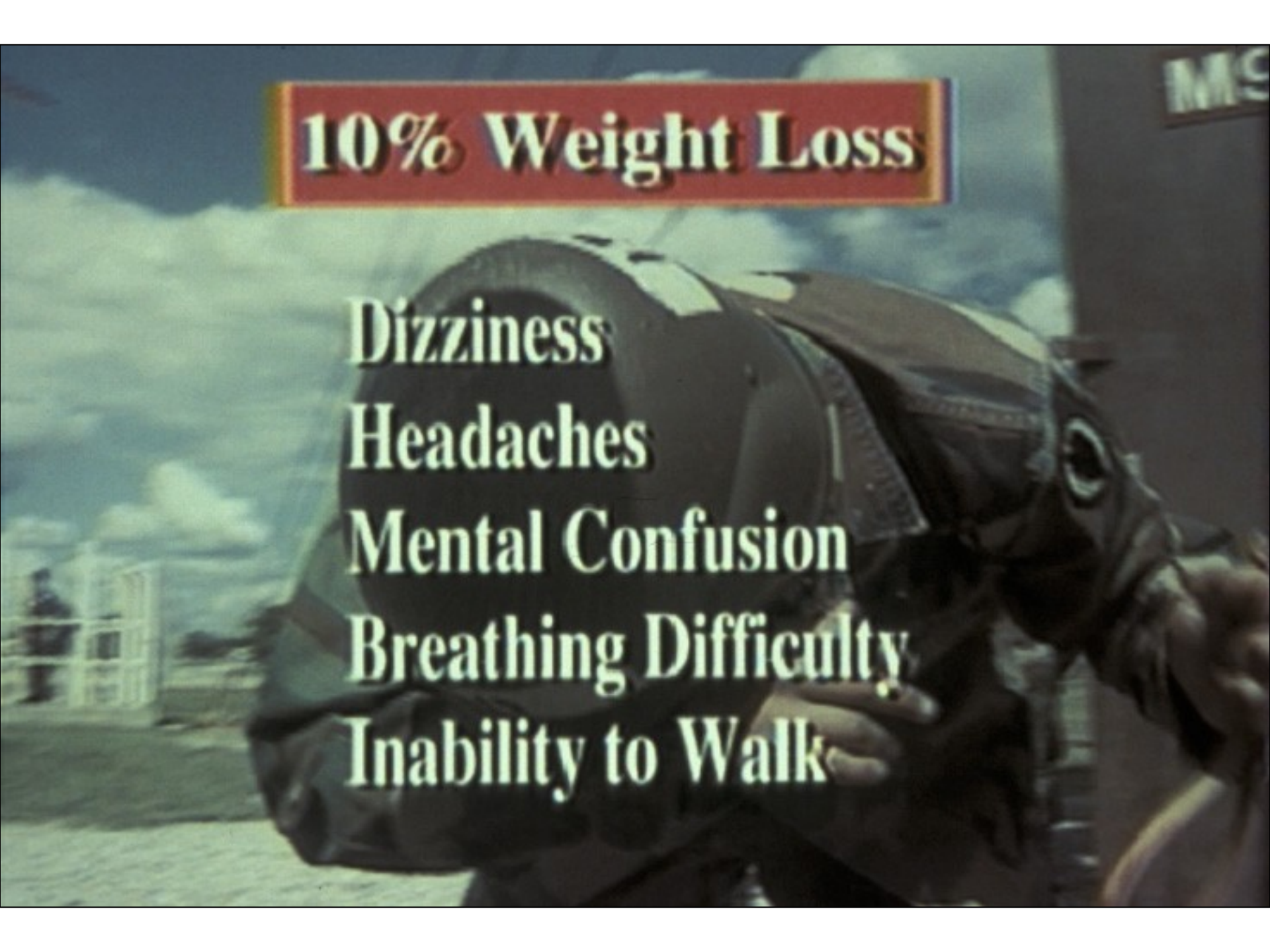
2-5% WEIGHT LOSS

HIGHER RISK OF INJURY

WEAKENS ENDURANCE

STAMINA

SPEED

The background image shows a person in a full-body protective suit and a gas mask, possibly a chemical warfare agent. The person is holding a cylindrical container, likely a gas cylinder. The scene is outdoors with a cloudy sky and some industrial structures in the background. The text is overlaid on the image, with a red banner at the top and a list of symptoms in the center.

10% Weight Loss

Dizziness

Headaches

Mental Confusion

Breathing Difficulty

Inability to Walk

A person wearing camouflage clothing is working on a ship's mast or rigging. The background shows a cloudy sky and a distant airplane. The text is overlaid on the image.

Higher Than 10%

**Heat Stroke
Kidney Failure
Death**











Before Activity



Every 10-15 Minutes



A photograph of soldiers in a trench, with two black mugs in the foreground. The soldiers are wearing camouflage uniforms and helmets. The background shows trees and a blue sky. A red rectangular box with a gold border is positioned in the upper center of the image, containing the text "After Activity".

After Activity

1LB =

Daily



dehydrated

hydrated





ELECTROLYTES





